

## About the Contributors

**Michael Allison** is the developer of The Play Zone, a unique application of Polyvagal Theory to optimize performance. He writes a column for *Psychology Today*, The Pressure Paradox, exploring the physiological, psychological, and social paradoxes that underlie the challenges of living in a culture of competition, evaluation, and rapid, unpredictable change. Allison is an educational partner with Polyvagal Institute, a polyvagal performance consultant for high-profile organizations, executives, coaches, teams, athletes, and creatives, and provides a variety of courses and polyvagal-informed certificate programs accredited by the National Board for Health & Wellness Coaches and endorsed by Stephen W. Porges, PhD, developer of Polyvagal Theory. He has certified hundreds of professionals around the globe as Play Zone Pros©, applying his methodology to a wide variety of disciplines including sports, business, leadership, healthcare, and the performing arts.

**Martina Ardizzi** obtained her master's degree in neurosciences and neuropsychological rehabilitation at the University of Bologna, Italy in 2010. In 2014 she achieved a PhD in neuroscience at the University of Parma, Italy, under the supervision of professor Vittorio Gallese, studying the effect of childhood maltreatment on intersubjectivity development in Sierra Leone. At the moment, Martina Ardizzi is a fixed-term researcher at the department of medicine and surgery unit of neuroscience of the University of Parma where she coordinates national and international research projects examining the plasticity of multisensory integration processes, devoting particular attention to the role of early traumatic experiences and psychiatric diseases. To pursue her research interests, she has spent some time abroad. In particular, she has been a visiting researcher at Assam University in India, University of Essex in the UK, and Berlin School of Mind and Brain in Germany. She was invited to be a visiting professor by the Universidad Nacional de Cuyo in Argentina. Martina Ardizzi is the scientific director of FHM-Italy, a member of the Center for Bioethics at the University of Parma, and sits on the scientific committee of the Turin Biennial. Over the course of her scientific career, she has published several arti-

cles in international peer-reviewed journals, edited book chapters, and has been funded by national and international grants.

**Ken Benau, PhD**, is a clinical psychologist who maintains an independent practice in the San Francisco Bay Area, providing individual adult, couple, and family therapy; professional consultation; and national and international training. His expertise includes working with children and adults with various learning and developmental differences. Dr. Benau has written several peer-reviewed articles and a book (*Shame, Pride, and Relational Trauma* [Routledge, 2022]) about shame and pride-informed psychotherapy with survivors of relational trauma and attachment wounds.

**David Berceci, PhD**, is an international author, presenter, and trainer in the areas of trauma intervention, stress reduction, and resiliency training. He has lived and worked in war-torn countries and natural disaster zones around the world. He specializes in recovery with large populations. Dr. Berceci is also the creator of a revolutionary set of Tension and Trauma Releasing Exercises (TRE).

**Sue Carter, PhD**, is currently a Distinguished Research Scientist and director emerita of the Kinsey Institute at Indiana University. She also has held professorships at the University of Illinois and the University of Maryland. Her research with the socially monogamous, prairie vole and parallel studies in lactating women were the first to define the neuroendocrinology of social bonds. Dr. Carter's research has been integral to discovering the relationship between the oxytocin-vasopressin system and health and well-being in response to challenges.

**Cristiano Crescentini**, is an associate professor in clinical psychology, University of Udine, and a psychologist and psychotherapist. He holds a PhD in neuroscience and is an instructor of mindfulness-based interventions. He is director of the I-level master in meditation and neuroscience at the University of Udine, and the scientific referent of the university's psychological counseling service.

**Francesca Ferroni** is postdoctoral researcher at the University of Parma, Italy where she works in Vittorio Gallese's Lab of Social Cognitive Neuroscience. Francesca's research focuses on how the brain generates the experience of our body in space (i.e., peripersonal space) by integrating multisensory information and its alterations along the schizophrenic spectrum and the neurobiological bases of the bodily self.

**Aaron Freedman** is presently a supervisor in UCSF's department of psychiatry and behavioral sciences, where he works with individuals dealing with substance use disorders and severe mental illness. He earned a BA in dance from Wesleyan University and an MA in somatic psychology from the California Institute of Integral Studies. Aaron has collaborated with Dr. Wolf Mehling on the Multidimensional Assessment of Interoceptive Awareness (MAIA) and has studied under Don Hanlon Johnson.

**Vittorio Gallese, MD**, is a trained neurologist and professor of psychobiology at the University of Parma, Italy where he is director of the Lab of Social Cognitive Neuroscience. His research focuses on the relation between the sensorimotor system and social cognition by investigating the neurobiological grounding of intersubjectivity, psychopathology, language, and aesthetics. He is the author of more than 300 scientific publications and three books.

**Jeltje Gordon-Lennox** is a certified Swiss psychotherapist with expertise in the fields of psychotraumatology, addiction, and contemporary spirituality. Her professional publications in English and French center on the role of ritual as a psychosocial and somatic resource for healing trauma and restoring broken connections. Jeltje lives in Switzerland with her jazz musician husband and their two children. She enjoys music, theatre, modern art, hiking, and fiction writing.

**Susan Harper, MSME/TA**, Continuum Teacher since 1975, has contributed to the development of Continuum, originated by Emilie Conrad. Emilie and Susan cofounded the first Continuum Teacher Organization in 1999 and Susan is a founding member of Continuum Teacher Association. Working internationally with individuals and groups, Susan's work focuses on somatic awareness, perceptual inquiry, soulful movement, creative thinking, and skills of intimacy. Her life's work is the subject of the 2020 documentary *Heart of Continuum*.

**Bach Ho** is a writer and consultant for the Organic Intelligence organization, as well as an Organic Intelligence® Coach. Dr. Ho has a PhD in philosophy from the University of California at Riverside. One of his dissertation advisors was noted evolutionary biologist and philosopher Dr. Francisco Ayala. Dr. Ho taught philosophy, critical thinking, and ethics at universities for a decade, including specialized ethics courses for medical professionals, business professionals, and computer scientists. He has also worked as a computer programmer for classified programs relating to U.S. national security (and has a BS in computer science from the University of California at Irvine). In the field of philosophy, Dr. Ho specializes in ethics and is interested in a biological grounding for ethics, an interest which intersects with his interest in a biological grounding for therapeutics, such as found in OI™.

**Steve Hoskinson** is an internationally recognized teacher and mentor in post-trauma growth, and the founder of Organic Intelligence®, which trains coaches and other professionals in Trauma Safe™ OI therapeutics. Trained in somatics, mindfulness, research, and clinical psychology, Steve is former senior international instructor in SE®, and adjunct faculty for JFK University's Somatic Psychology program. He is also a founding member of the Northern California Society for Integrative Mental Health and the International Transformational Resilience Coalition. He created the online End of Trauma Course for personal resilience and hosts The End of Trauma Podcast. Hoskinson and the OI Team can be reached at [Steven@OrganicIntelligence.org](mailto:Steven@OrganicIntelligence.org).

**Hanneke Kalisvaart, PhD**, is a Dutch psychomotor therapist, senior researcher, and teacher in sensorimotor psychotherapy. She specializes in somatic symptom disorders and the impact of serious illness. Hanneke earned her master's degree in human movement sciences from Vrije Universiteit in Amsterdam and her doctorate degree in social sciences from Utrecht University, the Netherlands. Her research concerns clients' relationship to their body with somatic symptoms, and nonverbal assessment methods such as own body drawings.

**J. David Knottnerus** is Emeritus Regents Professor of Sociology at Oklahoma State University, Stillwater, Oklahoma. He has published extensively in the areas of ritual dynamics, social theory, social psychology, group processes, social structure, and social inequality. Much of his work in recent years has focused on the development of structural ritualization theory and research, which analyzes the role rituals play in social life.

**Jacek Kolacz, PhD**, is a researcher at The Ohio State University Wexner Medical Center and is managing director of the Traumatic Stress Research Consortium (TSRC) at the Kinsey Institute at Indiana University. He uses neurophysiologically-informed assessments to track client progress, understand how treatments impact the nervous system, and explore ways to make existing therapies more effective.

**Aline La Pierre, PhD**, is the founder and director of The NeuroAffective Touch Institute and creator of NeuroAffective Touch® integrating psychotherapy and the therapeutic use of touch as a vital relational bridge for overcoming developmental trauma. She is a coauthor of *Healing Developmental Trauma: How Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship*, published in twelve languages. Dr. LaPierre was faculty in the Somatic Doctoral Program at Santa Barbara Graduate Institute for ten years. Currently, she is president of the United States Association for Body Psychotherapy (USABP) and editor-in-chief of *The International Body Psychotherapy Journal (IBPJ)*. For more information, visit her website at [www.NeuroAffectiveTouch.com](http://www.NeuroAffectiveTouch.com), or email her at [aline@neuroaffectivetouch.com](mailto:aline@neuroaffectivetouch.com).

**Rabih Lahoud** is the singer of the successful jazz band Masaa, with whom he has already released five albums. In 2018 Rabih Lahoud was nominated for the ECHO Best Jazz Singer National. The 2021 winner of the German Jazz Award, Lahoud has been one of the most requested vocal coaches in Germany for several years. His passion is teaching diverse singing styles and the topic of Polyvagal Theory in vocal practice, which he has studied in depth, committing himself to the research.

As a neurologist for thirty years at the University Hospital of Caen in France, **Francois Le Doze** has always been interested in the relationship between the body and mind in sick individuals. His encounter with the Internal Family Systems (IFS) model deeply influenced his personal and professional life, leading him towards psychotherapeutic practice. His knowledge of neuroscience allows him to base his practice on recent neuroscience data in

the field of psychotherapy. Since 2017, he has developed an original trauma-informed psychotherapy model addressing his challenges as a therapist, called Relational Intelligence. This method is based on IFS, Polyvagal Theory, and attachment theory.

**Chiara Marazzi** is a psychologist, counselor, and formator, specifically engaged in the field of psychosocial coping with perinatal bereavement that she teaches at Università Statale di Milano in a course on the obstetrics degree program. She carries out private clinical activities and supervises and trains counselors.

**Alessio Matiz** is a research fellow in clinical psychology at the University of Udine. He holds degrees in electronic engineering and professional education, and a PhD in emerging digital technologies. He is a mindfulness teacher for the Mindfulness-Oriented Meditation program for adults and for children, as well as an instructor of mindfulness teachers for these two programs.

**Emily Newcomer, MEd, LPC**, is a licensed psychotherapist in Durango, Colorado and curriculum design specialist and associate trainer for southwest trauma training ([www.swtraumatraining.com](http://www.swtraumatraining.com)). Specializing in posttraumatic growth somatic therapy, developed by Ruby Jo Walker, LCSW, SEP, CHT, she has provided therapy to adult clients in her private practice, Southwest Psychotherapy, since 2008. She attended graduate school at the University of Utah, where she earned a master's degree in educational psychology and was trained in Hakomi Somatic Mindfulness Therapy. Previously, she was the community education coordinator for Sexual Assault Services Organization in Durango for many years. Supporting others to live fully gives her great fulfillment.

**Pat Ogden, PhD**, is a pioneer in somatic psychology, the creator of the Sensorimotor Psychotherapy method, and the founder of the Sensorimotor Psychotherapy Institute ([sensorimotor.org](http://sensorimotor.org)). Dr. Ogden is trained in a wide variety of somatic and psychotherapeutic approaches, and has nearly 50 years of experience working with individuals and groups. She is a clinician, consultant, international lecturer and author. Her current therapeutic interests include couples; children, adolescents, families; consciousness, and the philosophical and spiritual principles that underlie her work.

**Antonia Pfeiffer, MD, PhD**, has been researching the neuroscientific effect mechanisms of tapping techniques since her doctoral thesis. Another area of her research is the question of how memory reconsolidation can be translated into practical clinical work. Her favorite question is about how we can use science to make therapeutic work even more poetic. She has written a book the neuroscience of tapping and works as a body-oriented therapist in her own private practice.

An internationally recognized breathing/movement and somatic trauma work specialist, **Betsy Polatin, MFA, SEP, AmSAT**, was a professor at Boston University's College of Fine

Arts for 25 years. She is the author of the best seller *Humanual: A Manual for Being Human*, and her work has been presented at International Conferences in the U.S. and abroad. Betsy has cotaught with Peter A. Levine, PhD, and Dr. Gabor Maté. She offers trainings and private sessions at [Humanual.com](http://Humanual.com)

**Alessandra Pollazzon** is a primary school teacher. She holds a degree in primary education sciences from the University of Udine with a thesis titled *The Effects of Mindfulness-Oriented Meditation on Self-Representation in Primary School Children*. She attended the Mindfulness-Oriented Meditation program for adults and for teachers. She practices MOM daily in class with her students and continues to study mindfulness meditation practices adapted for children.

**Robert Schleip** has a PhD in human biology and an MA in psychology. He is director of the Fascia Research Project (Technical University, Munich and Ulm University, Germany), rResearch director of the European Roling Association, and founding director of the Fascia Research Society. His research on active fascial contractility was honored with the Vladimir Janda Award. Prior to becoming a fascia researcher he worked as a Roling practitioner and instructor as well as a Feldenkrais teacher for two decades. More at [www.somatics.de](http://www.somatics.de) and [www.fasciaresearch.de](http://www.fasciaresearch.de).

**Dr. Arielle Schwartz** is a clinical psychologist and leading voice in the healing of trauma. She is an internationally sought-out teacher and author of eight books including *The Complex PTSD Workbook*, *The Post-Traumatic Growth Guidebook*, and *Applied Polyvagal Theory in Yoga*. As the founder of the Center for Resilience Informed Therapy, she provides a mind-body approach to trauma recovery. She believes the journey of trauma recovery is an awakening of the spiritual heart. Learn more at [www.drarielleschwartz.com](http://www.drarielleschwartz.com).

**Dr. Raja Selvam, PhD**, who has taught in over 25 countries on six continents, is a licensed clinical psychologist from the U.S., and the developer of Integral Somatic Psychology (ISP), a science-backed, body-based, emotion-focused complementary approach designed to reduce treatment times and improve outcomes in all therapy modalities including body psychotherapies. He is the author of the book *The Practice of Embodying Emotions: A Guide for Improving Cognitive, Emotional, and Behavioral Outcomes*, which has been translated into twelve languages.

**Jane Shaw, MA, RCST**, is a registered therapist and originator of the SIMPLE Listening program, marrying biodynamic craniosacral therapy, neurobiology, and Jungian psychology to support individuals to recover from adverse life experiences. As a writer and educator, Jane delivers training programs both online and in person, in Ireland and internationally. She holds an MA in economics from the University of Edinburgh and an MA in Jungian and archetypal psychology from Pacifica Graduate Institute.

**Marlysa Sullivan, DPT, CIAYT, E-RYT**, has over 20 years of experience working with people with chronic pain conditions. She has been an invited speaker at national and

international conferences and faculty in yoga therapy and physical therapy programs. She is the physical therapy mindful movement coordinator for the Empower Veterans Program and serves as the yoga and meditation clinical champion at the Veterans Health Administration. She has authored articles, chapters, and books including *Understanding Yoga Therapy: Applied Philosophy and Science for Health and Well-Being* and *The Science for Well-Being*.

**Jennifer Tantia, PhD**, has been an author, educator, and practicing somatic psychotherapist in New York City for the past 18 years. She served on national boards and has taught psychotherapists how to conduct somatic psychotherapy in the U.S., Europe, and Asia. Her latest book, *The Art and Science of Embodied Research Design* (2021), received a distinguished Marion Chace Foundation grant. Dr. Tantia has recently become a certified meditation teacher through Tibet House.

**Chantal Traub** is a seasoned New York City doula, childbirth educator, and polyvagal-informed coach. In her 20-plus years of practice, she has become internationally well-known for her expertise on the pelvic floor and her Pushing Power technique. Through her classes, her one-on-one work, and her doula and coaching practice, Traub has helped thousands of women give birth without trauma. In recent years, Traub has expanded her training and practice to serve the health needs of women navigating motherhood, menopause, and beyond. Chantal's work has been published in *Pathways to Family Wellness* (2024). She coauthored *The Pelvic Floor: Everything You Needed to Know Sooner* (2022).

**Donnalea Van Vleet Goelz**, has a PhD in clinical somatic psychology and is executive director of Continuum Movement®, founded by Emilie Conrad Da'oud. She has taught and been on the faculty of several different educational institutions: University of Florida, University of North Florida, Esalen Institute, and Hollyhock Educational Institute. Currently she is involved in somatic research at the University of Florida Health and University of North Florida as well as presenting at important trauma conferences around the world.

**Ruby Jo Walker, LCSW, SEP, CHT**, is the founder of Southwest Trauma Training ([www.swtraumatraining.com](http://www.swtraumatraining.com)) located in Durango, Colorado. She has a private psychotherapy practice and is certified in Hakomi Somatic Mindfulness Therapy and Somatic Experiencing. She developed Post-Traumatic Growth Somatic Therapy, which includes applied Polyvagal Theory for trauma treatment and the development of resilience. She has provided training to psychotherapists, body work practitioners, pastoral care providers, medical personnel, educators, and agencies throughout the state, the Four Corners region, and the Navajo Nation. During the pandemic, she was a key member of Colorado's state-wide task force assisting in the development of a website to support health care workers ([www.cohcwcovidsupport.org](http://www.cohcwcovidsupport.org)). She delights in how using the lens of Polyvagal Theory brings compassion and humanness to all of her work.

**Jan Winhall, MSW, PIFOT**, is an author, teacher, and seasoned trauma and addiction psychotherapist. She is an educational partner with the Polyvagal Institute where she

offers a training program based on her book *Treating Trauma and Addiction with the Felt Sense Polyvagal Model* (Routledge, 2021). Her new book, *20 Embodied Practices for Healing Trauma and Addiction: Using the Felt Sense Polyvagal Model* (Norton), is due out March 2025. She is an adjunct lecturer at the University of Toronto and a certifying coordinator with the International Focusing Institute. Jan is also codirector of the Borden Street Clinic, where she supervises graduate students. She enjoys teaching all over the world. You can reach her at [janwinhall.com](http://janwinhall.com).

**Zabie Yamasaki** is a sought-after trauma-informed yoga teacher, national trainer, consultant, and keynote speaker who has trained thousands of yoga instructors and mental health professionals in her trauma-informed yoga certification training. Her trauma-informed yoga curriculum is implemented widely at over 40 college campuses and trauma agencies across the country. Her work has been featured on CNN, NBC, KTLA 5, and in *The Huffington Post*. Learn about her work at [zabieyamasaki.com](http://zabieyamasaki.com) or on Instagram, @transcending\_trauma\_with\_yoga.

**Silvia Zanotta, DPhil**, psychologist and psychotherapist for children, adolescents, adults, and families in Zurich, Switzerland, is a certified trainer and supervisor in Ego State Therapy International and Resource Therapy International as well as in Somatic Ego State Therapy. She is a supervisor in hypnosis, founder and cochair of Ego State Therapy Switzerland, lecturer at the University of Applied Psychology in Zurich, and teaches in several European countries. Her book *Somatic Ego State Therapy for Trauma Healing: Whole Again* was published in August 2024.